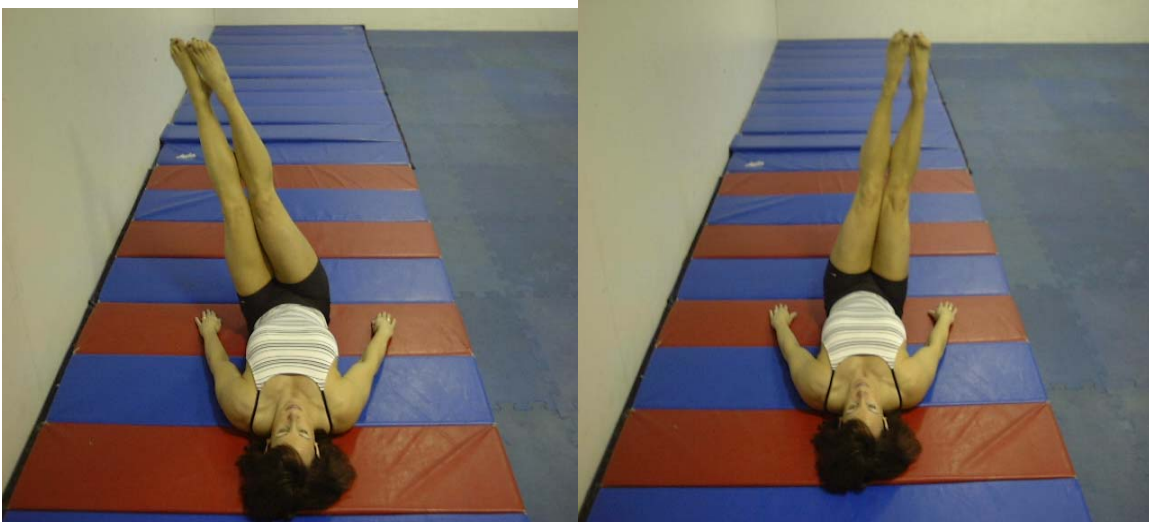


Corkscrew - improves balance, stretches back and strengthens powerhouse. Lie on back with legs in Pilate's stance at a 90-degree angle to the body, squeezing inner thighs together, toes pointed. Pull navel into the spine. Keep arms at your side with palms down, shoulders and hips maintaining contact on the mat. Inhale as you initiate a circle with your legs, sweeping them to the side and around. Exhale as you turn to starting position. Reverse direction. **Focus** on pulling navel into spine, keeping lower back on mat and elongating the neck.



Standing Ball Overhead Side-to-Side (from shoulder joint or from upper body) - stretches and strengthens shoulders and joints. Stand in pilates stance with pelvis in neutral position. Inhale as you lift ball overhead, arms extended straight. Exhale as you move ball to one side then inhale as you move the ball back to center. Repeat to other side. **Focus** on keeping powerhouse firm, pelvis neutral and arms straight.

